



Extraordinary Educational
Experiences

North Kansas City Schools



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**2023 MSHSAA Track and Field
Class 4 and Class 5; District 8
Saturday, May 13, 2023**

**Coaches Meeting 7:30 am
Implement Inspection 7:30 am (North Shed)
Pole Vault 8:30 am
Selected Field Events 9:00 am
Running Events 10:30 am**

Location:

The meet is held at the District Activities Complex Football Stadium / Track; with stadium style seating and restrooms. Located East of Staley High School; 2800 NE Shoal Creek Parkway; KCMO 64156

Participating Schools:

Class 4

Benton High School	Lincoln College Prep High School
East High School	Savannah High School
Excelsior Springs High School	Smithville High School
Kearney High School	Van Horn High School
Lafayette High School	Winnetonka High School

Class 5

Central High School (St. Joe)	Oak Park High School
Fort Osage High School	Park Hill High School
Liberty High School	Park Hill South High School
Liberty North High School	Platte County High School
North Kansas City High School	Staley High School

Admission:

All spectators (except preschool age) are \$6.00. Tickets will be purchased online (no cash sales at the gate):
<https://www.mshsaa.org/CMSPages/Tickets.aspx>

Concessions:

Concessions will be available.

Team Camp Areas:

Tents and team camps are allowed on the east bleachers and in the areas immediately to the north and south of east bleachers (see diagram). Your cooperation is appreciated in cleaning your area before leaving.

Entries: Sent directly to mo.milesplit.com per MSHSAA Guidelines. **Winnetonka will NOT be able to adjust entries.**

Scoring:

10 - 8 - 6 - 5 - 4 - 3 - 2 - 1 for all events. FAT timing will be used.

Bullpen: Located at the North End – Running Events must check in for lane number. Field Events check in at event site.

Awards:

Medals will be awarded given per MSHSAA guidelines.

Field Events/Implement Inspection:

Field events (LJ, TJ, Shot, Disc, Javelin) will be conducted with 3 prelim jumps or throws with top 9 advancing to finals with 3 additional attempts. High jump and pole vault will be conducted using the “five-active procedure”. Coaches’ box/areas will be set up for each event. Implement Inspection will be at the track shed on the North end at 7:30 am.

Field event assignments:

Per MSHSAA guidelines, all schools are expected to help run off field events. Winnetonka will provide all necessary equipment for the contests. **Coaches are expected to provide qualified adults in administration of these events (measuring, judging, recording marks, etc.)**

Field event assignments are listed on page 4. Every attempt has been made to have opposite class coaches to run off events to give coaches opportunity to coach their athletes.

Field Event Coaching Boxes:

Coaching boxes for each field event will be clearly marked and reviewed at the coaches meeting.

Warm-ups:

Athletes will be permitted to use the north end of the athletic field for warm up purposes only. Please remain in stands or tent area unless warming up. The south end of the field is closed for all athletes and coaches with the exception of reporting to or leaving the finish line area. **Please enter the track at the NE or SW corners only.**

Facility / Spikes:

The DAC Stadium has an 8 Lane - MONDO track. Jumping surfaces are same. 1/4” spikes, pyramid style. Longer spikes will result in disqualification. Javelin runway will be held on the grass soccer field (grass runway) on the South side of the Stadium. Shot and Disc rings are located outside the stadium on the Northeast side.

Tape:

No tape allowed on runways, track or jumping surfaces. Please use chalk or tennis balls.

Coaches:

Head Coach scratch meeting will be at 7:30 a.m. Coaches are not to be near the start/finish line or the infield area unless they are working an event or timing/curve judging. Do not cause an athlete to be disqualified by your presence in those areas or by coaching from anywhere inside the competition areas.

Reminder: If you are running off a field event - **PLEASE BRING YOUR OWN HELPERS**. If you are running off an event that requires marking and measuring, **PLEASE HAVE TWO ADULTS** for this task. **NO STUDENT ATHLETES SHOULD BE MARKING OR MEASURING**. Winnetonka will provide all equipment/tapes. Please return to the press box after your event ends.

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Pole Vault will ROLL with 30-minute warm-up between events.			
8:30 – 10:30 AM	11:00 AM – 1:00 PM	1:30 – 3:30 PM	4:00 – 6:00 PM
Pole Vault Class 5 Girls	Pole Vault Class 4 Girls	Pole Vault Class 5 Boys	Pole Vault Class 4 Boys
9:00 – 10:30 AM	11:00 AM – 12:30 PM	1:00 – 2:30 PM	3:00 – 4:30 PM
High Jump Class 4 Boys	High Jump Class 5 Boys	High Jump Class 4 Girls	High Jump Class 5 Girls
Long Jump Class 4 Girls	Long Jump Class 5 Girls	Long Jump Class 4 Boys	Long Jump Class 5 Boys
Triple Jump Class 5 Boys	Triple Jump Class 4 Boys	Triple Jump Class 5 Girls	Triple Jump Class 4 Girls
Shot Put Class 5 Girls	Shot Put Class 4 Girls	Shot Put Class 5 Boys	Shot Put Class 4 Boys
Discus Class 4 Boys	Discus Class 5 Boys	Discus Class 5 Girls	Discus Class 4 Girls
Javelin Class 4 Girls	Javelin Class 5 Girls	Javelin Class 4 Boys	Javelin Class 5 Boys
Running Events –Class 5 followed by Class 4			
10:30	Girls Class 5 / Class 4	100m Hurdles Prelim	
10:45	Boys: Class 5 / Class 4	110m Hurdles Prelim	
11:00	Girls Class 5 / Class 4	100m Dash Prelim	
11:15	Boys: Class 5 / Class 4	100m Dash Prelim	
11:30	Girls Class 5	4x800m Relay Final (Double Waterfall Start)	
11:42	Boys: Class 5	4x800m Relay Final (Double Waterfall Start)	
11:54	Girls Class 5 / Class 4	200m Dash Prelim	
12:06	Boys: Class 5 / Class 4	200m Dash Prelim	
12:18	Girls Class 4	4x800m Relay Final (Double Waterfall Start)	
12:30	Boys: Class 4	4x800m Relay Final (Double Waterfall Start)	
12:50	Girls Class 5 / Class 4	100m Hurdles Final	
12:55	Boys: Class 5 / Class 4	110m Hurdles Final	
1:00	Girls Class 5 / Class 4	100m Dash Final	
1:05	Boys: Class 5 / Class 4	100m Dash Final	
1:10	Girls Class 5 / Class 4	4x200m Relay Final (Heats v. Time)	
1:24	Boys: Class 5 / Class 4	4x200m Relay Final (Heats v. Time)	
1:38	Girls Class 5 / Class 4	1600m Run Final (Double Waterfall Start)	
1:58	Boys: Class 5 / Class 4	1600m Run Final (Double Waterfall Start)	
2:18	Girls Class 5 / Class 4	4x100m Relay Final (Heats v. Time)	
2:30	Boys: Class 5 / Class 4	4x100m Relay Final (Heats v. Time)	
2:45	Girls Class 5 / Class 4	400m Dash Final (Heats v. Time)	
3:00	Boys: Class 5 / Class 4	400m Dash Final (Heats v. Time)	
3:15	Girls Class 5 / Class 4	300m Hurdles Final (Heats v. Time)	
3:30	Boys: Class 5 / Class 4	300m Hurdles Final (Heats v. Time)	
3:45	Girls Class 5 / Class 4	800m Run Final (Double Waterfall Start)	
3:58	Boys: Class 5 / Class 4	800m Run Final (Double Waterfall Start)	
4:11	Girls Class 5 / Class 4	200m Dash Final	
4:17	Boys: Class 5 / Class 4	200m Dash Final	
4:23	Girls Class 5 / Class 4	3200m Run Final (Double Waterfall Start)	
4:50	Boys: Class 5 / Class 4	3200m Run Final (Double Waterfall Start)	
5:15	Girls Class 5 / Class 4	4x400m Relay Final (3-Turn Stagger, Heats v. Time)	
5:35	Boys: Class 5 / Class 4	4x400m Relay Final (3-Turn Stagger, Heats v. Time)	

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Meet Workers

Meet Director	DE Brown	Finish Line Judge:	Jason Callaway
Games Committee:	Callaway, Crall, Luke(Class 4) McCullough, Smith, Leibrand (Class 5)	Recorder:	Winnetonka Athlete
Bullpen Clerk:	Josh Callaway	FAT / Scorer:	Jared Buckman / Luke Young Cheryl Friesz / Carrie Shuck
Clerk of the Course:	DE Brown	Awards Steward:	Mina Garrett / Kat Hawes
Announcer:	Travis Manroe	MSHSAA Officials:	Kevin Harrison, Garry Blevins, Dan Plott
Time and Pick IF NEEDED		Timers must be a coach	Please bring stop watches
1st place	Winnetonka	5th place	Platte County
2nd place	East	6th place	Kearney
3rd place	Savannah	7th place	Excelsior Springs
4th place	Lafayette	8th place	Smithville
Head Timer	Jason Callaway	Break Line Judge:	Liberty North
Runners:	Winnetonka Managers	North Curve Judge	SJ Central
Blocks:	Winnetonka Managers	Hurdle Jockeys:	All Coaches
Exchange Zone Judges	4 x 100	Exchange Zone Judges	4 x 200
1st	Staley / Platte Co (Class 4) Benton / East (Class 5)	1st / 3rd	Liberty North / Fort Osage (Class 4) Excelsior / Lafayette (Class 5)
2nd	Liberty North / NKCHS (Class 4) Smithville / Kearney (Class 5)	2nd	Park Hill / Park Hill South (Class 4) Winnetonka / Kearney (Class 5)
3rd	Central (St. Joe) / Park Hill (Class 4) Lafayette / Lincoln Prep (Class 5)		
Field Event Head Judge:	Dan Plott (MSHSAA)	Javelin Judge:	Winnetonka / Fort Osage
Shot Put Judge:	Van Horn / NKCHS	Triple Jump Judge:	Smithville / Oak Park
Discus Judge:	Excelsior Springs / Park Hill South	High Jump Judge:	Liberty / Staley
Long Jump Judge:	Benton / Liberty North	Pole Vault Judge:	Kearney / Platte County

EAST PARKING -- TEAM BUS PARKING



